

Claims

- [c1] A free standing ballet bar exercise device comprising: a pair of legs, each leg having a proximal end and a distal end disposed away from the proximal end; support arms pivotally attached to the legs at the legs' distal ends; a horizontal exercise bar mounted between the support arms; a first lower cross bar connecting the legs intermediate their ends; an upper cross bar connecting the support arms; and a backboard attached to the upper cross bar and attached to the first lower cross bar to support the exercise bar in a free standing position.
- [c2] The free standing ballet bar exercise device of claim 1 further comprising: a floor board hingedly attached to the backboard and adapted to lay flat on a floor for supporting the weight of a user.
- [c3] The free standing ballet bar exercise device of claim 2 further comprising: a second lower cross bar connecting the legs at their distal ends.
- [c4] The free standing ballet bar exercise device of claim 3 wherein the support arms are telescopic to enable the height of the ballet bar to be adjusted.
- [c5] The free standing ballet bar exercise device of claim 4 wherein the legs telescopically extend to enhance the stability of the unit.
- [c6] The free standing ballet bar exercise device of claim 4 further comprising a cushioned mat covering the floor board.
- [c7] The free standing ballet bar exercise device of claim 4 further comprising spring loaded knobs mounted at either end of the upper cross bar adjacent the support arms, the spring loaded knobs adapted to lock the support arms at a desired height.
- [c8] The free standing ballet bar exercise device of claim 4 wherein the floor board

is joined to the bottom edge of the backboard by at least one hinge.

- [c9] The free standing ballet bar exercise device of claim 8 wherein the at least one hinge is releasably attached via a snap fit onto the first lower cross bar.
- [c10] The free standing ballet bar exercise device of claim 9 wherein at least one hinge is locked into place to the first lower cross bar by a spring loaded cammed handle.
- [c11] A method of using the free standing ballet bar exercise device of claim 4 comprising the steps of: placing at least a portion of the user's body on the floor board to apply a downward force on the floor board and thus stabilize the device; and using the exercise bar to stretch or perform exercises.
- [c12] A free standing ballet bar exercise device comprising: a pair of legs; at least one support arm pivotally attached to the legs; a horizontal exercise bar mounted on the at least one support arm; and a backboard attached to the at least one support arm and extending to the floor to support the exercise bar in a free standing position.
- [c13] The free standing ballet bar exercise device of claim 12 wherein each leg has a proximal end and a distal end disposed away from the proximal end and the at least one support arm is pivotally attached to the legs at the legs' distal ends.
- [c14] The free standing ballet bar exercise device of claim 13 wherein the number of support arms is two and further comprising a first lower cross bar connecting the legs intermediate their ends and an upper cross bar connecting the support arms.
- [c15] The free standing ballet bar exercise device of claim 14 wherein the backboard is attached to the upper cross bar and releasably attached to the first lower cross bar.

[c16] The free standing ballet bar exercise device of claim 15 further comprising a floor board hingedly attached to the backboard and adapted to lay flat on a floor for supporting the weight of a user.